

Diabetes and Kidney Disease

Diabetes mellitus, a disorder that makes the human body unable to properly use insulin or not make enough insulin for its use, has adverse effects on major body organs. Specifically, to the kidney, diabetes affects blood vessels that filter wastes thus resulting in diabetic nephropathy, kidney damage, and kidney failure.

Effects of Diabetes on the Kidney.

Diabetes destroys the small blood vessels in the body. Once these vessels are destroyed, the kidneys cannot clean the body well. This will make the body retain more water and salt than it should be resulting in either weight gain, ankle swelling, or both. Protein may be noticed in the urine and also some waste materials may build up in the blood.

Diabetes may also damage nerves in the body causing difficulties in bladder emptying, hence the pressure coming from the unemptied bladder may back up and injure the kidneys. Moreover, if the urine stays for long in the bladder, there can be an infection due to the rapid growth of bacteria in urine which has a very high sugar level.

Research shows that about 30% of Type 1 diabetic people and 10%-40% of those with Type 2 diabetes will eventually suffer from kidney failure.

What are the early and late symptoms of kidney disease in diabetic patients?

Increased secretion of albumin in the urine is the earliest sign of kidney diseases in diabetic people. It's therefore advised for a yearly test of kidney diseases for persons with diabetes.

One may also experience weight gain and ankle swelling, using the bathroom more often especially during the night, and increased blood pressure.

With time, kidneys will start failing because the blood urea nitrogen and creatinine would have raised in the blood. One may also experience vomiting, loss of appetite, weakness, itching, nausea, muscle cramps, and anemia.

Diabetic people are advised to have blood, urine, and blood pressure tested at least once a year. This will lead to good control of diseases and early treatment of high blood pressure and kidney disease.

Sustaining control of your diabetes can lower your risk of developing severe kidney disease.